

Squash and Green Bean Casserole

A fresh from the garden vegetable dish. Timing is essential. Know how long it takes to pick, wash, slice, and bake before you start the meal. If I pick the green beans and squash at 2 pm, this dish can be in the oven about 3 pm. There may be more green beans and squash left to wash and freeze while the food cooks. Dragon beans are a good substitute for green beans. Zucchini and yellow squash work well. Canned green beans work with frozen, sliced squash. It's not as good as fresh sliced green beans that were growing an hour before.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 2 cups sliced green beans
- 1 sliced yellow squash
- 1 sliced zucchini

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time:

- 10 minutes
- 1 hour if picking directly from the garden

Preparation:

1. Wash and slice:
 - 2 cups sliced green beans
 - 1 sliced yellow squash
 - 1 sliced zucchini
2. Add to 1.5 quart, round oven safe pan:
 - 1 tablespoon of butter
 - 2 cups sliced green beans
 - Dash of salt
 - Spices such as pepper to taste
 - 1 sliced yellow squash
 - Enough water to cover vegetables
 - 1 sliced zucchini
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.